

FAMILY MINISTRIES

Fellowship in Faith for Families

Sundays 10:15 to 11:00am

In Lent children dive into the story of Jonah and the Whale. We'll learn a bit about ancient life along the Mediterranean, and create a work of underwater art for the cathedral.

Cathedral Youth

First Sunday of the month, 1 to 3pm; Contact Mo. Kate to join: ksalisbury@incarnationgc.org

6th–12th Graders gather at the Guest House on the first Sunday of every month to complete a service project reflecting the values of our faith. Lunch is served, and friends are welcome! Spring dates: February 4th, March 3rd & April 7th.

Youth Overnight at the Cathedral

Friday–Saturday, March 22-23

Youth in grades 6–12 are invited to an overnight retreat at the Cathedral the weekend of Palm Sunday. We'll deepen our understanding of our faith tradition as we help prepare the cathedral for Holy Week.

SERVE



Please scan this QR code for information on the many ways to serve at or with the Cathedral

- Serve in Worship
- Serve in the Community
- Serve the Cathedral Congregation

CONNECT



Join a Group

Our cathedral ministries are meeting online or in-person. You can join a group using Realm. For details on joining Realm, visit www.incarnationgc.org/realm.

Cathedral Connect

Join us at 3pm on Sunday March 3 in the Undercroft for refreshments and fellowship.

Mothering Sunday Pancake Breakfast

Sunday, March 10 at 10AM at the Mercer School

Join us for this popular and wonderful event. If you are interested in assisting, please contact Diana Campbell at dianakcampbell@gmail.com or Keith Okrosy at kokrosy@gmail.com

SPOTLIGHT ON Vergers

The Vergers Guild of the Cathedral is a group of lay ministers who love liturgy, planning, and organization! Our vergers work with clergy, the music staff, and our cathedral sexton to organize everything related to the life of our worshiping community—from Sunday Eucharists to fellowship events to diocesan liturgies—and have a coordinating and supportive role of the wider group of liturgical ministries.

The vergers of the cathedral are also leaders of the diocesan Verger Guild which provides training, support, and consulting services to other parishes in the diocese, and beyond! For more information on our ministry, please email vergers@incarnationgc.org

To support our ministries, Text **"INCARNATIONGC"** to **73256** to give using your mobile device or scan this QR code:



CATHEDRAL of the INCARNATION

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(516) 746-2955

www.IncarnationGC.org

[facebook.com/incarnationGC](https://www.facebook.com/incarnationGC)

[@incarnationGC](https://www.instagram.com/incarnationGC)



CATHEDRAL of the INCARNATION

Cathedral Life

Lent to Easter | 2024

Welcome

In this issue of Cathedral Life, you will find all the details you need to keep a Holy Lent in the best way for you and your household. There are many opportunities throughout the season to worship, connect, grow, and serve in this beloved community.

On behalf of the Bishop and Chapter, I wish you blessings and peace and look forward to seeing you soon.

Yours in Christ,
The Very Rev. Dr. Michael Sniffen
13TH DEAN OF THE CATHEDRAL

Don't miss any of the happenings or events at your cathedral — stay connected by:

- 1) Joining Realm, our online church community!
To learn how to sign up, visit: www.incarnationgc.org/realm.
The code to join is **incarnationgc and/or**
- 2) Visiting www.incarnationgc.org/connect to see our e-news. You can also sign up to receive the e-news every Friday by email!



WORSHIP

Throughout the season of Lent, the Cathedral will continue to offer worship in-person and online.

SUNDAY WORSHIP

8:00AM Traditional Mass in person
9:15AM Cathedral for Kids Mass in person
11:15AM Choral Mass in person and via livestream

DAILY WORSHIP

12:00PM Tuesday through Thursday Mass in person
Tuesday is a Contemplative Mass
Wednesday is a Healing Mass

SATURDAY WORSHIP

5:00PM Mass at Incarnation Chapel with a simple meal following; 252 Rushmore Avenue, Carle Place



Center for Spiritual Imagination
Contemplative prayer and guided meditation

5:30 to 6:00PM Tuesdays online
7 to 8PM Thursdays in Person only at Ascension Church, Greenpoint, Bkln
Please scan QR code for full event schedule

LENTEN WORSHIP OPPORTUNITIES

Ash Wednesday

Wednesday, February 14

12:00PM Liturgy of Ash Wednesday with Hymns
In person.

7:30PM Liturgy of Ash Wednesday with Choir
In person and online via livestream at incarnationgc.org/live

Choral Evensong for Lent

Sunday March 3 at 4:00PM; In person and online via livestream at incarnationgc.org/live

HOLY WEEK SERVICES

Palm Sunday, March 24

8:00AM Liturgy of Palm Sunday in person
9:15AM Palm Sunday for Kids with The Cathedral Choristers in person
11:15AM Palm Sunday Choral Mass with Sung Passion by Cathedral Choir in person and via livestream

Chrism Mass

Tuesday, March 26, 11:00AM

The Bishop will bless the oils used throughout the next year for baptisms and healing during a liturgy of reaffirmation of ordination vows.

The Office of Tenebrae

Wednesday, March 27 at 7:30PM
with The Cathedral Choir; in person

Maundy Thursday Choral Mass

Thursday, March 28 at 7:30PM
in person and via livestream

GOOD FRIDAY

Good Friday Liturgy with Cathedral Choir

Friday, March 29 at 12:00PM
in person and via livestream

Stations of the Cross

Friday, March 29 All day, 4PM, 5PM

Opening of Fernando Carpaneda's Stations of the Cross, Chapel of the Good Shepherd, Mercer School of Theology. At 5pm, Artists Talk followed by traditional Way of the Cross. Outdoor Stations of the Cross available all day. Family bulletins will be available for those attending with young children. Guided tour will be at 4:00pm, all ages welcome.

Incarnation Chapel

7:30PM Vespers for the Burial of Christ
252 Rushmore St., Carle Place

The Great Vigil of Easter

Saturday, March 30 at 7:30PM with the Bishop of Long Island; in-person and online via livestream

Easter Sunday, March 31

8:00AM Traditional Mass with hymns
9:15AM Easter For Kids and Egg Hunt
After church, all are invited to the cathedral's annual Easter Egg Hunt on the South Lawn.
11:15AM Choral Mass in-person and online via livestream

GROW

SPIRITUAL GROWTH FOR ADULTS

Four Sundays in Lent

10:15–11AM in the Mercer Library

February 18 & 25, March 3 & 17

Traveling Home, Tracking Your Way Through the Spiritual Wilderness with Fr. Mark Kowalewski

The Very Rev. Canon Mark Kowalewski joined the Cathedral as co-Vicar of Incarnation Chapel last fall after serving for nearly 20 years as co-Dean of St. John's Cathedral in Los Angeles. This Lent, he will lead us through his book, *Traveling Home*. Participants may join as many sessions as they like. Copies of the book will be available for a suggested donation of \$20.

Incarnation Chapel

Saturday evenings at 5pm

252 Rushmore Ave, Carle Place

Each week in Lent, Incarnation Chapel will offer experiences of contemplation through art focusing on different original paintings of the face of Jesus on his way to the cross by New York artist Simon Carr. The mass will include periods of silence and meditative chant and song. Visit our website at: incarnationgc.org/chapel